



Winter 2006

SUNNYVALE SENIOR CENTER ACTIVITY GUIDE

Classes, Services and Activities for Older Adults



Joan & Ted Blomquist

Happy New Year!

The Sunnyvale Senior Center staff hope you have a Happy & Healthy New Year in 2006! Make a resolution to renew your membership today or become a member for the first time and enjoy the many opportunities to enrich your life. For your convenience, we are offering various membership options—choose what works best for you. Make 2006 a great year and join us at the Sunnyvale Senior Center!

sunnyvale.ca.gov/recreation



Sunnyvale Senior Center Staff: "We're at your service."

Top Row: **Betty Burney** (Steppin' Out Trips), **Nancy Hextell** (Senior Services, Special Events, Senior Lunch Program, Volunteer Opportunities), **Sandy Yamanaka Fong** (Classes, Drop-In Programs, Facility Reservations, Activity Guide, Trips), and **Lori McKay** (Customer Service)

Middle Row: **Tricia Lord** (Recreation Supervisor), **Jane Okashima** (Assistant to Recreation Superintendent), and **Kay Whitney** (Table Tennis & Lawn Bowling Programs at Murphy Park, Aspen Fitness Room, Senior Center Public Art, Therapeutic Recreation)

Bottom Row: **Myrna Stein** (Customer Service), **Monica Guerra** (Customer Service), and **Moses Mendoza** (Facilities Set-up and Maintenance)

And, the entire staff would like everyone to know that we couldn't begin to do our jobs without the **VOLUNTEERS** who contribute their time, energy, immense talent and warmth to the Sunnyvale Senior Center.

Sunnyvale Senior Center ...where life continues to shine!

Benefits of Membership

BE FIRST. Members enjoy:

- Priority registration for classes, activities and trips.
- Priority access to services such as Flu Shots, Income Tax Assistance, Podiatry, Health Insurance Counseling (HICAP), Hearing Evaluations, Homeowners and Renters Rebate Program, and Notary Services.

SAVE MONEY. Members enjoy:

- Free use of Fitness and Billiards Rooms at the Senior Center.
- Free drop-in programs, lectures, and movie days at the Senior Center.
- Table Tennis and Lawn Bowling at Murphy Park.
- Discounts for classes, trips, special events, daily lunches and dances.

BE SAFE. Members enjoy:

- Peace of mind knowing that personal data collected when they join the Senior Center will allow staff to provide vital information to emergency responders—including information regarding their native language that might be critical to responders attempting to provide care, and personal contact information.

Why a Membership Fee?

While membership provides a sense of community and camaraderie, fees impart a sense of responsibility and ownership, and help reduce reliance on the annual General Fund subsidy. Although membership is not required for any activity or service at the Sunnyvale Senior Center, patrons must: be at least 50 years of age (proof of age may be requested), pay applicable fees, and sign a liability waiver/photo release statement if requested to do so depending on the activity or service they

use. Members receive many free or discounted prices on classes and activities. See 2006 Pro-rated Membership Fees at right.

Programs Available to All Seniors

Membership is **not** required for the following services; however, fees may apply and participants may be required to provide proof of age and to sign a liability waiver/photo release statement (standard with Recreation Division programs):

- Advance Health Care Directive
- Assisted Listening Devices (for use at the Center)
- BART Tickets at a discounted rate for seniors
- Blood Pressure Screening
- Community News – Information and Referral
- Flu Shot Vaccines – Available after priority time for members
- Health Service Related Clubs, i.e., Diabetes Support Group and Women's Circle
- Information and Referral on Senior-related Services & Programs
- Live Oak Adult Day Services
- Project Match and Project Sentinel
- Proven People Senior Employment
- Senior Adult Legal Assistance (SALA) – offered at Sunnyvale Community Services site
- Senior Lunch Program
- V.T.A. Senior/Disabled Photo ID Card and OUTREACH information

Fee Waiver Assistance

Eligible Sunnyvale residents may apply for a recreation fee waiver by calling (408) 738-4321.

JOIN THE SENIOR CENTER TODAY!

Your Membership Makes a Difference!

Are you 50 years of age or older? Congratulations! You qualify to join the beautiful Sunnyvale Senior Center. What does membership entitle you to? Unlimited access to a new, state-of-the-art facility, featuring fitness room, billiard room, and a wide array of classes for lifelong learning and enrichment. Members enjoy discounts on dances, trips, special events, classes and lunches. Your membership also provides you with direct mailings of the activity guides, trip newsletters, and updates on events happening at the Sunnyvale Senior Center. Make this your "OASIS" for – Older Adult Services in Sunnyvale! Join today for only \$27.00 per year; residents of Sunnyvale qualify for a discounted rate of \$18.00 per year. One form of identification (photo ID or utility bill) with name and address required.



EARLY BIRD SPECIAL

Purchase your 2006 membership by January 31, 2006 and you pay 2005 rates (\$16 resident discounted; \$24 regular).

Starting February 1, 2006 annual membership fees will be \$18 resident discounted rate, and \$27 regular rate.

4 Easy Steps to Become a Member!

1. You must be age fifty or older.
2. Pay the Pro-rated Annual Fee (see above).
3. Complete the registration form on page 21.
4. Mail the form to us or return it to our front office with proof of residency; one form of identification (photo ID or utility bill) with name and address.

WINTER '06

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SUNNYVALE SENIOR CENTER

OFFICE HOURS: Monday - Friday • 9:00am-5:00pm

550 E. Remington Dr.

(P.O. Box 3707) Sunnyvale, CA 94088-3707

(408) 730-7360 • sunnyvale.ca.gov/recreation

City Council

Dean J. Chu, *Mayor*
Ron Swegles, *Vice Mayor*
Fred Fowler
Melinda Hamilton
John Howe
Otto Lee
Julia Miller

Arts Commission

Monica Draganowski Davis, *Chair*
Wallace Harper, *Vice Chair*
Bob Obrey
Staff: Cathy Merrill,
Assistant to the Director

Parks & Recreation Department

David Lewis,
Director

Curtis Black,
Superintendent of Parks

John Lawrence,
Recreation Superintendent

Nancy Bolgard Steward,
Superintendent of Arts & Youth Services

Parks & Recreation Commission

Robert Lawson, *Chair*
Robert Locke, *Vice Chair*
Howard Chuck, *Commissioner*
Robert Kinder, *Commissioner*
Richard Oliver, *Commissioner*
Staff: Cathy Merrill,
Assistant to the Director

The Center will be closed January 16 and February 20, 2006

Art

Calligraphy:

Gothicized Italic* (Adult Ed)

Work with the Italic forms as a base and learn to compress the shapes, making them more angular and vertical. Learn to write beautiful double-stroke capitals to accompany the lower case letters.

1/19 – 3/16 (8 weeks; No class 2/23)

Thursday, 1:00-4:00pm

Location: Willows Art Room

Instructor: Kay Woolfolk

Fee: \$20 + membership or "class pass"

Chinese Brush Painting*

(Adult Ed)

Introduction to Chinese brush painting with emphasis on individual instruction for beginners. A traditional approach to subject such as bamboo, flowers, birds, trees and landscapes. Information on Chinese art forms and historical background will be presented.

1/18 – 3/15 (8 weeks; No class 2/22)

Wednesday, 12:30-2:30pm

Location: Paint Room, CAC

Instructor: Judy Chiu

Fee: \$20 + membership or "class pass"

Ceramics I

Learn how to cast liquid slip into molds, clean and decorate ceramic pieces.

1/23 – 3/20, 0530.D01 (8 weeks; No class 2/20)

Monday, 8:30-11:30am

Location: Willows Art Room

Instructor: Helen Jurado

Fee: \$29 + membership or "class pass"

Ceramics II

Expand your ceramic skills. Learn advanced decorating techniques. You will be introduced to new glazes and techniques, such as staining, airbrush, decals and more.

1/23 – 3/20, 0531.D01 (8 weeks; No class 2/20)

Monday, 12:30-3:30pm

Location: Willows Art Room

Instructor: Helen Jurado

Fee: \$29 + membership or "class pass"

Clay Art* (Adult Ed)

Learn basic clay hand-building techniques with an emphasis on slab technique and the use of low fire clay and glazes. Students will also learn how to load and fire a kiln. Approximate costs: \$7 for tools, \$10 per bag for clay and \$10 optional fee for firing and glazing, payable to instructor.

1/17 – 3/7 (8 weeks)

Tuesday, 9:00am-12:00pm

Location: Willows Art Room

Instructor: Barbara Brown

Fee: \$20 + membership or "class pass"



POTTERY OPEN STUDIO SESSION

Tuesday: 10am-2pm, 2pm-6pm and 6pm-10pm

Friday: 10am-2pm and 2-6pm

Saturday: 9:30am-1:30pm

No instruction will be provided. Open studio passes must be purchased in advance per 4-hour visit (\$15 res/\$18 non-res). Up to 10 visits may be purchased at one time. Prorating for unused hours will not be available. Passes can be purchased at the Recreation Center front counter. (Monday - Friday, 9am-6pm). Passes do not transfer from session to session. All passes must be presented at the door.

Session Dates: 1/3-3/18

**Location: Creative Arts Building/
Pottery Room**

Creative Expressions

On Paper* (Adult Ed)

Have fun with rubber stamps, paint, paper, embellishments, collage and other mediums. We will make 2 or 3 cards per class and have a demo of an additional technique. Most supplies furnished, but do bring enthusiasm, scissors, a ruler, pencil and glue stick. A supply fee of \$20 is payable to the instructor at the first class.

1/18 – 3/1 (6 weeks; No class 2/22)

Wednesday, 9:00-11:30am

Location: Willows Art Room

Instructor: Sharen Delaune-Rensen

Fee: \$39 + membership or "class pass"

Decorative Painting: Garden Varieties* (Adult Ed)

This is an introduction to decorative painting using a flat brush and acrylic paint. We will practice several different leaves and flowers during the class. Bring a ½" flat brush with fairly stiff bristles (not an oil painting brush). Supply fee of \$10 is payable to the instructor at the first class.

1/20 – 3/3 (6 weeks; No class 2/24)

Friday, 9:00-11:30am

Location: Willows Art Room

Instructor: Sharen Delaune-Rensen

Fee: \$39 + membership or "class pass"

Drawing and Watercolor for the Novice* (Adult Ed)

Come learn the basics of drawing forms, shading, and basic perspective. From this foundation you will then work in watercolor. Glazing, washes, textures and color values will be included through exercises on your choice of subject matter. Returning students are welcome to work on more advanced techniques. Supply fee of \$4 is payable to the instructor at the first class.

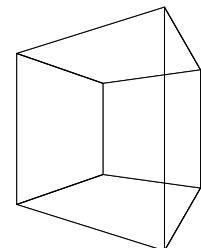
1/18 – 3/15 (8 weeks; No class 2/22)

Wednesday, 9:00am-12:00pm

Location: Paint Room, CAC

Instructor: Sara Frank

Fee: \$20 + membership or "class pass"



Drawing: Pencil Techniques* (Adult Ed)

Learn the creative methods of drawing with a pencil: line, shading, tone, quick sketch, and rendering. A wide variety of subjects will be explored—still life, landscape, figures, flowers, and animals. Previous drawing experience would be helpful. Bring a 2B pencil and a drawing pad, additional supplies will be discussed in the first class.

1/18 – 3/15 (8 weeks; No class 2/22)

Wednesday, 9:00am-12:00pm

Location: Sequoia Room

Instructor: Larry Wittman

Fee: \$20 + membership or "class pass"

Drawing: Perspective & Proportions* (Adult Ed)

This class focuses on drawing three dimensionally on a two dimensional surface.

Each lesson deals with practice application and perspective and proportion accuracy in still-life, landscapes, buildings, animals, and figures. Bring 9" x 12" drawing pad, 2B or 6B pencil and a Magic-rub eraser.

1/18 – 3/15 (8 weeks; No class 2/22)

Wednesday, 1:00-3:30pm

Location: Willows Art Room

Instructor: Larry Wittman

Fee: \$20 + membership or "class pass"

Ikebana* (Adult Ed)

Learn the art of flower arrangement, using natural materials. Gain an understanding and appreciation of *Ikebana*. Bring Ikebana scissors, shallow dish or a Pyrex 9" x 13" glass baking dish, and pin frog to first class. Ikebana scissors and pin frogs available for purchase. Lab fee for flowers.

1/19 – 3/16 (8 weeks; No class 2/23)

Thursday, 9:00-11:00am, 5:00-7:00pm

Location: Willows Art Room

Instructor: Michiko Hosoda

Fee: \$20 + \$41 lab fee + membership or "class pass"

Knitting: Beg. & Int.*

(Adult Ed)



Beginners learn to knit and improve skills. Bring size 8 needles and a skein of yarn.

Intermediate students go beyond garter and stockinette stitches; improve fit, finish

and design. Individualized instruction.

Students must know k, p, and yo. Bring an unfinished or new project.

1/19 – 3/16 (8 weeks; No class 2/23)

Thursday, 9:00-11:00am (Intermediate)

12:00-2:00pm (Beginning)

Location: Cypress Room

Instructor: Carol Elliott

Fee: \$35 + membership or "class pass"

Painting: General Instruction* (Adult Ed)

Explore basic techniques of Chinese brush painting, watercolor, oils and acrylics; and learn complex color mixing, value, shaping and perspective. Individual/group discussions will enhance student artistic expression and growth. Basic drawing skills helpful.

1/18 – 3/15 (8 weeks; No class 2/22)

Wednesday, 2:30-4:30pm

Location: Paint Room, CAC

Instructor: Judy Chiu

Fee: \$20 + membership or "class pass"

Quilting Techniques*

(Adult Ed)

A class for students of all levels of experience. Class will emphasize simple and fast techniques and the use of color and design for making a variety of quilts. Students will be asked to share projects and information for the enrichment and enjoyment of all. You will need access to a sewing machine for some projects. Supply fee of \$2 is payable to the instructor at the first class.

1/17 – 3/14 (8 weeks; No class 2/21)

Tuesday, 1:30-3:30pm

Location: Willows Art Room

Instructor: Pat Bellamy

Fee: \$20 + membership or "class pass"

Watercolor: Int.* (Adult Ed)

Paint along instruction is fun and easy. Paint a new subject each week. Previous experience is recommended.

1/23 – 3/20 (8 weeks; No class 2/20)

Monday, 9:00am-12:00pm

Location: Paint Room, CAC

Instructor: Larry Wittman

Fee: \$20 + membership or "class pass"

Watercolor: Pencil* (Adult Ed)

The student will be introduced to a variety of colored pencil techniques: linear effects, color mixing, etc. Step-by-step projects and demonstrations are included to develop drawing skills and produce finished works of art.

1/23 – 3/20 (8 weeks; No class 2/20)

Monday, 1:00-3:30pm

Location: Paint Room, CAC

Instructor: Larry Wittman

Fee: \$20 + membership or "class pass"

QUILTING BEE DROP-IN PROGRAM

Bring your favorite quilting project or work on a group project for a 911 Firefighters Quilt. Here is an opportunity to relax, meet other quilters, socialize, and enjoy the creative art of quilting.

This is a drop-in program; instruction, supplies or storage is not provided.

When: Saturdays beginning January 7, 2006

Time: 10:30am–1:30pm

Place: Sunnyvale Senior Center, Willows Art Room

Cost: Senior Center Members – no cost
Non-members – \$2.00 per drop-in

Registration:... No registration needed, but you must be 50 years or older to participate.

* * * NOTE * * *

In addition to the stated class fee, current Senior Center Membership or "Class Pass" is required to participate in classes.

Class Pass fees are as follows:

Fee per class	Class Duration
\$8	8 weeks or less
\$12	9 weeks or more

* Denotes Sunnyvale/Cupertino Adult Education classes. Pre-registration is required. Call (408) 522-2700 to register.

** Denotes DeAnza/Foothill College class. Registration & fee payment to the instructor on first day of class.

Unless otherwise stated, all drop-in programs are \$2 per program per visit; FREE to members.

Fitness

Aerobic Rhythms

Low impact routines emphasizing toning, stretching, and cardio fitness. Light weights optional. Bring a mat.
Location: Orchard Pavilion

1/18 – 3/15, 0100.D01 (8 weeks; No class 2/20)
Mon, Wed, & Fri, 8:00-9:00am
Instructor: June Ambrose
Fee: \$38 + membership or "class pass"

1/24 – 3/16, 0101.D01 (8 weeks)
Tue & Thur, 8:00-9:00am
Instructor: Tamara Lo
Fee: \$26 + membership or "class pass"

1/18 – 3/15 (8 weeks; No class 2/20)
Mon & Wed, 6:00-7:00pm
Note: *Sponsored by Adult Ed.*
Instructor: June Ambrose
Fee: \$35 + membership or "class pass"

Body and Core Strengthening

Burn calories and tone muscles to attain your ideal body shape! A class designed to improve muscular strength and endurance using resistance bands/tubing and gravity and strengthen the body's core muscles, as they are the foundation for all other movement. The muscles of the torso stabilize the spine and provide a solid foundation for movement in the extremities. Bring a mat, hand weights and resistance band with handles to class.

1/24 – 3/16, 0707.D01 (8 weeks)
Tue & Thur, 9:00-10:00am
Location: Peach Room
Instructor: Tamara Lo
Fee: \$38 + membership or "class pass"

Parkinson's Exercise**

(DeAnza)
Mild, safe, total body exercises for individuals with Parkinson's Syndrome.
1/12 – 3/28 (12 weeks)
Tue & Thur, 9:00-10:00am
Location: Sequoia Room
Instructor: Ruth Haynes
Fee: \$28 + membership or "class pass"

Resistive Exercise**

(Foothill)
Exercise on equipment designed to develop muscular strength and endurance, flexibility and cardiovascular endurance.
1/11 – 3/29 (12 weeks)
Wednesday, 7:00-8:30pm
Location: Aspen Fitness Room
Instructor: Dr. Karl Knopf
Fee: \$19.50 + membership or "class pass"

Stretching & Relaxation**

(Foothill)
Class includes safe stretching, breathing, and relaxation.
1/10 – 3/30 (12 weeks)
Tue & Thur, 10:15-11:35am
Location: Orchard Pavilion
Instructor: June Ambrose
Free for members or "class pass" required

Stretch & Tone

This class is for individuals with chronic illness, such as Multiple Sclerosis. Exercises are designed to enhance range of motion and flexibility; can be done seated or lying down. Co-sponsored by M.S. Society.
Ages: 18 years and older
1/7 – 2/25 (7 Weeks)
Saturday, 11:00am-12:00pm
Location: Murphy Park Building
Instructor: Laura Ludwig
Fee: \$11 (Residents), \$18 (Non-residents)

Tai Chi* (Adult Ed)

Strengthens and conditions without impacting joints. Boosts energy, endurance levels, and helps to increase concentration and mental clarity. Fun, safe, and easy.
1/18 – 3/8 (7 weeks; No class 2/22)
Wednesday, 9:10-10:40am
Location: Orchard Pavilion
Instructor: Bob Yee
Fee: \$20 + membership or "class pass"

Total Body Fitness**

(Foothill)
Designed for those with arthritis, back problems, or who just want to maintain and improve fitness. Strength and cardiovascular training, endurance, flexibility and bone density, warm-up, sit-and-be-fit aerobics, back exercises, and information on body mechanics are offered. Exercises may be done in a chair or on the floor. Best for individuals who are ambulatory.
1/9 – 3/27 (12 weeks; No class 2/20)
Mon & Wed, 1:00-2:20pm
Location: Ballroom, Recreation Center
Instructor: Dr. Karl Knopf
Fee: \$27 + membership or "class pass"

Senior Pass— Adult Lap Swim

Twelve-visit passes available
Monday through Friday
11:30am-1:30pm
during lap swim
at

Sunnyvale Swim Complex
Fremont High School
1283 Sunnyvale-Saratoga Road

The rates are
\$30.00 for residents of Sunnyvale
\$40.00 for non-residents
(this is \$20.00 off the regular rate).

For more information call
(408) 732-2257. Check out their
website at 222.calsportscenter.com



Yoga* (Adult Ed)

Come experience Iyengar Yoga! Yoga is a powerful tool for relieving stress and bringing peace and calmness to your life. Yoga helps to strengthen your body and increase your vitality. Experience greater flexibility and balance. Wear loose fitting clothes and bring a yoga sticky mat, towel and belt or strap.



BEGINNING

1/9 – 3/13 (8 weeks; No class 1/16, 2/20)

Monday, 3:00-5:00pm

Location: Peach Room

Instructor: Baerbel Schumacher

Fee: \$40 + membership or "class pass"

1/25 – 3/15 (8 weeks)

Wednesday, 11:30am-1:30pm

Location: Community Room, Recreation Center

Instructor: Baerbel Schumacher

Fee: \$40 + membership or "class pass"

INTERMEDIATE

1/9 – 3/13 (8 weeks; No class 1/16, 2/20)

Monday, 5:00-7:00pm

Location: Peach Room

Instructor: Baerbel Schumacher

Fee: \$40 + membership or "class pass"

1/25 – 3/15 (8 weeks)

Wednesday, 1:30-3:30pm

Location: Community Room, Recreation Center

Instructor: Baerbel Schumacher

Fee: \$40 + membership or "class pass"

ALL

1/19 – 3/16 (8 weeks; No class 2/23)

Thursday, 9:30-11:00am

Location: Community Room, Recreation Center

Instructor: Sara Lopez-Luis

Fee: \$40 + membership or "class pass"

Sunnyvale Senior Center Fitness Room

Hours (NEW WEEKDAY HOURS!)

M, W, F – 8:00am - 6:00pm

Tu, Th – 8:00am - 8:00pm

Sat – 10:00am - 2:00pm

Sun – Closed

Who Can Use the Room?

- Members of the Senior Center - **FREE**
- Drop-in fee of \$2 per visit for non-members
- Participants must be in good health

Important Information

- Room can only be used if an attendant is present
- Space in the room is limited
- Wear comfortable clothing and shoes
- Bring water in a closed container.

TDD (408) 730-7501

Volunteers Wanted!

Call Kay Whitney at (408) 730-7624



Sunnyvale Senior Table Tennis at Murphy Park

Monday, Wednesday,
and Friday from 10:00am
– 4:30pm

*Must present Senior Center
Membership Card in order
to participate for **FREE!**
\$2 drop-in fee for non-
members. Purchase tickets
at the Senior Center.*

*Bring your own paddle,
light-soled shoes, and \$6
annual supply fee.*

Where?

Murphy Park Bldg.
260 N. Sunnyvale Ave.

For more information,
call Kay Whitney at
(408) 730-7624



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** Denotes DeAnza/Foothill College class. Registration & fee payment to the instructor on first day of class.

Unless otherwise stated, all drop-in programs are \$2 per program per visit; FREE to members.

Health & Wellness

Diabetes Support Group

Share with fellow diabetics your knowledge pertaining to diets, treatments and problem solving as we face the difficulties of living with diabetes.

1/26, 2/23, 3/23

Thursday, 1:00-2:30pm

Location: Blossom Meeting Room

Instructor: Janet Banks

All seniors are welcome.

Mindfulness Meditation



The aging process requires us to make dramatic adaptations to physical, mental, emotional, and spiritual changes. Having a skill and practice that calms the mind and relaxes the body helps us adapt more skillfully to these changes. Research shows that being able to relax the body and mind on a regular basis improves the immune system and reduces symptoms of hypertension. Meditation is a practical tool for managing life's changes. The essence of Mindfulness Meditation practice is to live more fully in each moment with awareness and an open-hearted attitude. Instruction will include mindful breathing, body awareness, coping with pain and day-to-day stress, and developing a stress-hardy attitude. Weekly home practice techniques will be given to increase mindfulness. Please wear comfortable clothing.

About the Instructor: Sharon Allen is a long-time practitioner and teacher of meditation. She is a Stress Reduction Specialist and has taught classes at Stanford University, Kaiser, the YMCA, corporations, and many community centers. Her classes seek to unify the body, mind, and spirit.

1/19 – 2/23, 0112.D01 (6 weeks)

Thursday, 2:00-3:00pm

Location: Laurel Room

Instructor: Sharon Allen

Fee: \$37 + membership or "class pass"

Nutrition for a Healthy and Active Lifestyle

Some foods enhance health, promote healing and reduce your risk of Chronic disease—Are these "smart foods" on your menu? And which foods should you reduce



in your diet? Many common foods worsen arthritis inflammation, increase fatigue and decrease the effectiveness of your immune system, making you more prone to illness. Review the current research and learn simple food strategies to improve your diet, preventing many of the complications associated with growing older.

About the Instructor: Kim Verity works as a part-time faculty at De Anza College and has taught nutrition courses for the Older Adult Studies program for the past three years. She earned her degree in Nutrition Science from Cornell University, her Master's Degree in Nutrition Science from the University of New Haven, and a Master's Degree in Clinical Psychology from UOP. Kim has worked as a behavioral counselor for hospital-based weight management programs in the Bay Area.

1/23 – 3/6, 0105.D01 (6 weeks; No class 2/20)

Monday, 10:00-11:30am

Location: Cypress Room

Instructor: Kim Verity, MA, MS

Fee: \$36 + membership or "class pass"

Lectures

For more information and to reserve a seat, sign up at the reception counter or call (408) 730-7360. All seniors are welcome.

Medicare Part D

Lectures will be offered this winter. Please call (408) 730-7360 for dates & time.

Pharmaceutical Industry

Here is your opportunity to gain better understanding of the pharmaceutical industry. Paul Werner will address the following topics: reasons for high costs of prescription drugs, recent Medicare legislation, expensive medicines vs. hospitalization, new research and possible new products, and stem cell research. This will be covered in 2 sessions so sign up today!

1/11 & 1/18

Wednesday, 1:00-2:30pm

Location: Cherry Room

Speaker: Paul Werner

Santa Clara Valley Blind Center

We invite you to attend this wonderful presentation and find out how the visually impaired can distinguish paper money, see a demonstration on how a guide dog works with a visually impaired person and learn about all the different classes, outings and support groups they have available. You won't want to miss this presentation as you'll walk away with a wealth of information!

2/1

Wednesday, 1:00-2:00pm

Location: Laurel Room

Speakers: Irene Garnel & Marisa Saldana

New Member Orientation

We extend a special invitation to "new" members and potential newcomers 50 years and older to attend one of our New Member Orientations. You will be given a tour of our beautiful facility and learn more about what the Sunnyvale Senior Center has to offer. Our orientations will be held on 1/27, 2/24, and 3/31 at 10:30am in the Oak Lounge.

Sign-up in advance at the reception counter or over the phone.

Please call (408) 730-7360 for more information.

We look forward to seeing you!

Maintain Your Brain

Make this date! This one-hour interactive workshop will feature nutritional and lifestyle advice, strategies to keep your



memory sharp, along with interactive exercises, activities and materials to take home for further reading.

3/15

Wednesday, 1:00-2:00pm

Location: Laurel Room

Speaker: Becky Mann, Alzheimer's Association

Health & Wellness - Chiropractic Care

Come learn how nutrition and chiropractic care can improve your mobility, endurance, appetite, and overall quality of life. The safe, natural and gentle chiropractic approach to health maintenance makes sense for people of all ages!

2/15

Wednesday, 1:00-2:00pm

Location: Laurel Room

Speaker: Dr. Lisa Shaw, DC

Dance

Country & Western Line Dancing: Beg & Int

Introduction to fundamental skills for country and western line dancing. Students learn a variety of dance steps designed to develop coordination and skill.

BEGINNING

1/23 - 3/6, 0401.D01 (6 weeks)

Monday, 10:45-11:45am

Location: Ballroom, Recreation Center

Instructor: Donna Frankel

Fee: \$18 + membership or "class pass"

INTERMEDIATE

1/23 - 3/6, 0402.D01 (6 weeks)

Monday, 9:00-10:30am

Location: Ballroom, Recreation Center

Instructor: Donna Frankel

Fee: \$26 + membership or "class pass"

Ballroom Dancing: Beg

Learn social dance techniques and steps. Instruction and practice of Swing, Cha Cha, Waltz, Foxtrot, Rumba and Tango.

BEGINNING

1/20 - 3/3, 0605.D01 (6 weeks)

Friday, 1:00-2:30pm

Location: Apricot and Cherry Rooms

Instructor: Donna Frankel

Fee: \$26 + membership or "class pass"

Special Interest

AARP Safe Driving Program

During eight hours of classroom instruction you will refine existing skills and develop safe, defensive driving techniques. This class will help you handle adverse driving conditions and traffic hazards. In addition, you will learn about the effects of aging and medication on driving.

1/24 and 1/31 (2 weeks)

Tuesday, 1:00-5:00pm

2/21 and 2/28 (2 weeks)

Tuesday, 9:00am-1:00pm

Location: Cypress Room

Fee: \$10 payable to AARP + membership or "class pass"; Pre-register at the front desk

Bridge-Beg & Int.* (Adult Ed)
Beginning: Learn point count, opening bids and rebids, overcalls, doubles and how to play the hand.

Intermediate: Improve bidding and play. Learn Stayman, cue bids, signaling, and opening leads.

1/18 - 3/15 (8 weeks; No class 2/22)

Wednesday, 1:00-3:00pm, Beg.
3:00-5:00pm, Int.

Location: Sequoia Room

Instructor: Sharon Krawetz

Fee: \$35 + membership or "class pass"

Duplicate Bridge

Come join our duplicate bridge group on Monday afternoons from 12:30-4:00pm in the Sequoia Room. Due to the structure of this game, advance sign-up is required. Terry Hall, (408) 734-4509 or Rocky Gutmann, (408) 255-2742
Free for members; \$2 for drop-in

Special Interest continued next page >

Swing & Sway Ballroom Dances

\$7.00 Regular / \$5.00 Members

Live Bands ~
Refreshments Included

For more information, please call
(408) 730-7360

Sunnyvale Senior Center
Orchard Pavilion
550 E. Remington Dr.
Sunnyvale

SINGLES WELCOME

DANCE HOURS: WEDNESDAYS 7:30 - 9:30 PM

January 11

Nob Hill Sounds

February 8

Bob Gutierrez Band

March 8

Nob Hill Sounds

"Our dance floor is cushioned hardwood."

* * * NOTE * * *

In addition to the stated class fee, current Senior Center Membership or "Class Pass" is required to participate in classes.
Class Pass fees are as follows:

Fee per class	Class Duration
\$8	8 weeks or less
\$12	9 weeks or more

* Denotes Sunnyvale/Cupertino Adult Education classes. Pre-registration is required. Call (408) 522-2700 to register.

** Denotes DeAnza/Foothill College class. Registration & fee payment to the instructor on first day of class.

Unless otherwise stated, all drop-in programs are \$2 per program per visit; FREE to members.

> *Special Interest continued*

Chinese Cooking

Ever wanted to learn how to make those delicious dishes you've enjoyed at your favorite Chinese restaurant? Come and learn how to prepare fried rice, barbecue pork, broccoli beef, asparagus chicken, tomato beef and pan-fried noodles, Chinese chicken salad and more with Lily Chinn. Lily will take you step-by-step through the cooking process of each dish. Lily has taught Chinese cooking for adult education and community college for many years.

A special thanks to Lily who is graciously volunteering to teach this class to our Senior Center participants. A nominal fee is charged to cover special facility use of the kitchen.

1/19 – 2/23, 0709.D01 (6 weeks)

Thursday, 2:30-3:30pm

Location: Senior Center Kitchen

Instructor: Lily Chinn

Fee: \$10 + \$15 cook book (available at the Unique Boutique) + membership or "class pass"

Need Help With Your Computer?

The Sunnyvale Senior Center Computer Club volunteers are available to help members with the following:

- Correcting hardware/software problems
- Installing components
- Backing up files and folders
- Installing operating systems**
- Fixing a PC that won't start

To make an appointment, drop by the Club office (near the front desk) M-F, 9–11am, or contact one of these volunteers.

Dan Alcock**	dfalcock@yahoo.com (408) 732-6644
David Crabill	David_w_crabill@hotmail.com (408) 732-7444
Morry Munro	m.munro@sbcglobal.net (408) 243-0254
Wayne Johansen	wajohansen@yahoo.com (408) 507-0915

**Dan Alcock can help those with an Apple or Windows PC

FREE for members; \$2 for drop-in.

Computer Club

Computer Club meetings will normally be held monthly in the Laurel Room on the second Friday of each month, from 9:30am to 11:30am. In order to get the meeting announcement via e-mail, send an e-mail to wajohansen@yahoo.com to be included on the mailing list of upcoming meeting dates and times.

The Computer Club meeting agenda consists of short talks by volunteer presenters and is based on questions and comments from club members at previous sessions. Time is allowed for questions from the audience. Free for members; \$2 for drop-in.

For more information on the Computer Club, e-mail Ray Strong at rayhstrong@mindspring.com or call him at 408-732-2539.

Help with your computer is normally available in the PC Clubhouse from 9am to 11am from Monday through Friday. Call Wayne Johansen on his cell phone at 408-507-0915.

Time: 9:30-11:30am

Location: Laurel Room



Current Events -

News & Views* (Adult Ed)

The events of today are changing tomorrow's world. Join a spirited review of social economic, political, national and international issues of current concern.



Instructor Bio: *Alan Camagna is a long-time resident of San Jose and a graduate of San Jose State University with a degree in Social Science, with an emphasis on political science and history. His career work was as a secondary school teacher in San Jose's east side neighborhoods. For the last four years, he has been a current events and language communication instructor for older adult programs in the area. He is an avid reader and evaluator of the day's national and international issues with a historical perspective.*

1/19 – 3/16 (8 weeks; No class 2/23)

Thursday, 9:00-10:15am

Location: Laurel Room

Instructor: Alan Camagna

Free for members or "class pass" required

Extreme Googling

Learn how to get the MOST out of Google and improve searching efficiency. You will learn why word order is important, how Google "thinks", and how to limit and combine terms.

2/28

Tuesday, 3:30–5:00pm

Location: Laurel Room

Instructor: Joan Jackson and Sue Kaplan,
Sunnyvale Library

All seniors are welcome.



Introduction to the World Wide Web

Get the basics you'll need to start your journey on the Information Superhighway. Topics include Internet terminology, hardware and software to connect to the Internet, Internet Service Providers, e-mail, great places to start your search and more. This lecture is designed for those with little or no experience using the Web.

1/31

Tuesday, 3:30-5:00pm

Location: Laurel Room

Instructor: Joan Jackson, Sunnyvale Library

All seniors are welcome.

Literature* (Adult Ed)

Enroll, enjoy, enrich! This class reads novels, short stories, plays and poetry, both modern and classic, with the primary focus on American writers. Lend your ear and your voice to this outstanding group of serious readers.

1/23 - 3/20 (8 weeks; No class 2/20)

Monday, 10:00am-12:00pm

Location: Sequoia Room

Instructor: Sue Sarbaugh

Fee: \$20 + membership or "class pass"

Living Artists' Theater presents Picasso



Ken Young is back to do his live dramatic depiction of Pablo Picasso's life and work in costume, with make-up, and portrayed with an accent. Don't miss this performance!

3/24

Friday, 1:00pm

Location: Apricot Room

Fee: \$6 members, \$8 drop-in

Memoir Writing* (Adult Ed)

Leave a lasting impression of your life for your heirs. Share your life with this class in a supportive, cohesive and inviting atmosphere.

1/23 - 3/20 (8 weeks; No class 2/20)

Monday, 2:00-4:00pm

Location: Cypress Room

Instructor: Sue Sarbaugh

Fee: \$20 + membership or "class pass"

Senior Center Treasures

Join us on a tour and discussion on two of the Senior Center's treasures: the Community Quilt and Arimatsu Shibori wall hanging. Get an insight on how these items were made and why they are so special to the Senior Center Community.

2/3/06

Friday, 1:00-2:00pm

Location: Laurel Room

Instructor: Kay Whitney

All seniors are welcome.

Senior Seminars: The Lively Arts and Sciences

These seminars are designed to bring interesting, entertaining, and practical information on a variety of topics that will enrich your life experience.

Session I: 1/24 - 2/14, 0109.D01 (4 weeks)

Session II: 2/21 - 3/14, 0109.D02 (4 weeks)

Tuesdays, 1:00-2:30pm

Location: Laurel Room

Instructor: Ann Cury

Fee: One 4-week session - \$14

Two 4-week sessions - \$24

Drop-in Fee - \$5/lecture

+ membership or "class pass"

Symphony & Concerto

Lectures will focus on the concerts presented at the Flint Center and at other locations in the area. Audio and video recordings include symphonic music, opera and ballet.

The instructor is a lecturer and performer with the Symphony Silicon Valley.

Session I: 1/23 - 2/27, 0111.D01

(5 weeks; No class 2/20)

Session II: 3/6 - 4/3, 0111.D02 (5 weeks)

Monday, 1:00-2:40pm

Location: Apricot Room

Instructor: Roger Emanuels

Fee: \$22 + membership or "class pass"

Understanding Other Cultures* (Adult Ed)

A potpourri of travel adventures. Learn about other cultures through an armchair travel experience.

1/23 - 3/13 (7 weeks; No class 2/20)

Monday, 1:00-2:30pm

Location: Laurel Room

Instructor: Robin Mussman

Free for members or "class pass" required

Language

English for Chinese - Int.

A program tailored for Chinese seniors interested in learning conversational English. Pre-requisite is basic grammar and ABC's.

1/23 - 3/20, 0801.D01 (8 weeks; No class 2/20)

Monday, 8:50-10:50am

Location: Laurel Room

Instructor: Long Ho

Fee: \$9 + membership or "class pass"



French - Introduction to Language and Culture*

(Adult Ed)

Bonjour! This class will familiarize students with no background in French with the fundamental aspects of the language and culture. Students will learn phonetic reading and conversational skills.

1/18 - 3/15 (8 weeks; No class 2/22)

Wed, 9:30am-11:00am (Level 1)

Wed, 11:00am-12:30pm (Level 2)

Location: Cypress Room

Instructor: Wanda Rothstein

Fee: \$20 + membership or "class pass"

Spanish* (Adult Ed)

Learn basic Spanish for everyday use in a Spanish or Mexican-American setting. Acquire an understanding of the culture.

Spanish Now, 7th edition for Level 1 & 2, is available at local bookstores.

1/18 - 3/15 (8 weeks; No class 2/22)

Wed., 1:00-2:30pm, Level 1

Wed., 7:00-8:30pm, Level 2

Wed., 5:30-7:00pm, Level 3

Wed., 4:00-5:30pm, Level 4

Wed., 2:30-4:00pm, Level 5

Location: Cypress Room

Instructor: Wanda Rothstein

Fee: \$20 + membership or "class pass"

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** Denotes DeAnza/Foothill College class. Registration & fee payment to the instructor on first day of class.

Unless otherwise stated, all drop-in programs are \$2 per program per visit; FREE to members.

Drop-In Programs

Our drop-in programs, for patrons 50 years and older, are less structured than our classes in order to fit your busy schedule. Enjoy a bridge game or friendships developed over a cup of coffee in our Lounge. Drop-in fee is \$2 per activity per visit; FREE to members.

Acting Club

Join us for informal readings of plays. All levels welcome. Call the Senior Center for more information. If you have acting experience and would like to help develop the club, we are looking for volunteers to help lead this activity.

Wednesdays, 2:00-5:00pm

Location: Laurel Room

Free for members; \$2 for drop-in.

Billiards

Enjoy a game of pool.

Monday – Thursday, 9:00am-7:00pm

Friday, 9:00am-6:00pm

Saturday, 10:00am-2:00pm

Location: Maple Billiard Room

Free for members; \$2 for drop-in.

Book Club



Read one selected book a month and discuss with fellow group members. A designated reader will facilitate discussion about the book. Everyone is encouraged to participate. Members

A Women's Circle

A Chance to be Heard

Come and join our weekly informal discussion group for women. Topics vary each week based on the interests of the group members. This is an opportunity for you to become acquainted with other women, and discuss women's issues. The Circle is a supportive group that allows you an opportunity to be heard. Come as you are.

Tuesdays, 10:30-11:30am

Location: Blossom Meeting Room

Open to all seniors

will decide on future books to read, which may include classic, fiction, non-fiction, biographies, etc. The book that has been selected for January 13th is *The Call of the Wild* by Jack London.
2nd Friday of each month, 1:15-3:00pm
Location: Laurel Room
Host: Jane Herold
Free for members; \$2 for drop-in.

Bridge

Drop-in bridge foursomes are formed on a first-come first-served basis. Sign up when you arrive. Bring enthusiasm.

For more information call Lee Carty at (408) 736-2917.

Tues & Thurs, 12:30-3:30pm

Location: Sequoia Room

Free for members; \$2 for drop-in.

Canasta

Come spend an afternoon playing canasta on Fridays at 12:00pm in the Sequoia Room. Our hostess, Carol Pappas, will be there to greet you and get the game started.

Free for members; \$2 for drop-in.

Chess Club

Drop by and join us for a game of chess. This is an opportunity to learn or improve your skills in chess. All levels are welcome.
Thursday, 2:30-5:30pm
Location: Cypress Room
Host: Stephen Smallwood
Free for members; \$2 for drop-in.

Dancing for Health

This exercise program combines the advantages of Tai Chi, Qigong and Dance. Following the soothing meditative music, students will learn the fundamental theory and basic forms of Tai Chi and Qigong. To increase the fun and challenge of this exercise, more dance and advanced forms (such as Tai Chi Fan) will be introduced. Practicing regularly will benefit both mind and body. No previous experience needed. All levels are welcome. Cosponsored by Sunnyvale Community Services.

Thursday, 3:00-5:00pm

Location: Orchard Pavilion

Instructor: Ming Wang

Free for Senior Center members; \$2 for drop-in.

MOVIES

Enjoy a movie with friends, the first & third Fridays of each month, at 1:00pm in the Laurel Room. Refreshments FREE for members; \$2 for drop-in.

Because of Winn-Dixie (PG)

January 6—A lonely 10-year-old preacher's daughter finds a stray dog in a Winn-Dixie super-market parking lot and brings him home and names him after the grocery store chain. The lovable mutt aids her in immeasurable ways.
Starring Annasophia Robb, Jeff Daniels

Cinderella Man (PG-13)

January 20—Boxer Jim Braddock loses the use of his precious right hand, but becomes an American folk hero who went a memorable 15 rounds in a 1935 fight with heavyweight champ Max Baer.
Starring Russell Crowe, Renee Zellweger

Mr. and Mrs. Smith (PG-13)

February 3—On the outside, happily married Jane and John are glamorous, young, and sexy. What they don't know is that they're both hired assassins and that they've been hired to kill each other.
Starring Brad Pitt, Angelina Jolie

March of the Penguins (G)

February 17—Actor Morgan Freeman narrates this documentary on penguins and their true tale of birth, survival, dating, mating, and danger.
Starring Morgan Freeman

The Sisterhood of the Traveling Pants (PG)

March 3—As their lives go in different directions, four best friends decide to stay connected with one another by passing around a pair of secondhand jeans that fit each of their bodies perfectly.
Starring Amber Tamblyn, Alexis Bledel

Batman Begins (PG-13)

March 17—As a boy, millionaire Bruce Wayne witnessed the senseless murder of his beloved parents. After that, he became obsessed righting wrongs done to others.
Starring Christian Bale, Michael Caine

First Cup



Members may drop by for a hot cup of coffee (50¢), Monday - Friday, 8:30am-3:00pm. Start your day right with that "first cup," read the newspaper, sit

and chat, or just relax. Our volunteer will greet you with a smile.

Host: Steve Ludrosky

Game Day

Come play all types of games (card, board, dominoes, etc.) and meet new friends.

Friday, 1:00-4:00pm

Location: Sequoia Room

Hostess: Janet Banks

Free for members; \$2 for drop-in.

Mah Jong

Interested in playing Mah Jong (American style)? We're starting an interest list of those who would like to play at the Center. Call (408) 730-7360 for more information.

Table Tennis

Drop by and play an active game of table tennis. Bring your own paddle and table tennis balls. For more information, call Kay Whitney at (408) 730-7624.

Mon, Wed, Fri, 10:00am-4:30pm

Location: Murphy Park Building
260 N. Sunnyvale Avenue

Fee: \$6 annual supply fee

Free for members; \$2 for drop-in.

Thursday Tai Chi

Join fellow Tai Chi students and practice the three forms of Tai Chi taught by former instructors Flora Chew-Yen, Paul Leinhart, and current instructor Bob Yee.

Thursday, 1:45-3:00pm

Location: Orchard Pavilion

Hostess: Betty Shultz

Free for members; \$2 for drop-in.

Friday Tai Chi ☯

Learn Wu (Hao) style Tai Chi by Master Jackson Liu, who has more than 40 years of experience. Class taught primarily in English, some Mandarin. For more information, please contact Tony Lin

at (650) 856-6695. Cosponsored by Sunnyvale Community Services.

Friday, 9:00-11:00am

Location: Orchard Pavilion

Host: Tony Lin

Free for Senior Center members; \$2 for drop-in.

Yuan Chi Dance ☯

Drop by and try Yuan Chi, a type of dancing exercise performed to music.

It is lively and easy to learn. Benefits

include increased energy level, greater lung capacity, better circulation and more. All

levels welcome. Class is taught in Chinese (Mandarin & Cantonese). For information,

contact Han Yuan Hui at (408)

996-0584. Cosponsored by Sunnyvale Community Services.

Friday, 9:00-11:00 am

Location: Sequoia Room

Free for Senior Center members; \$2 for drop-in.



Chinese Senior Club membership required.

Services

Advance Health Care Directive

This service is available to assist you in filling out the appropriate forms for an Advance Health Care Directive, which allows you to choose an agent to carry out your wishes when you are no longer able to make these decisions for yourself. Call (408) 730-7360 for an appointment or stop by the Sunnyvale Senior Center. Free for members; \$2 fee for personal booklet for non-members.

Assisted Listening Devices

The Senior Center has Assisted Listening Devices available for your use in the Orchard Pavilion. They will amplify sound so that persons can better hear the speaker in a meeting or classroom. If you would like to make arrangements to use a device or would like further information, please call (408) 730-7360.

BART Tickets

The Sunnyvale Senior Center office sells BART tickets for adults 65 & older.

Tickets cost \$6 and are valued at \$24.

Blood Pressure Screening

Volunteer nurses provide free blood pressure screenings each Monday and Thursday from 10:00-11:30am in Health Services Counseling Offices. We ask that you attend only once a week, so that we may serve everyone's needs. For more information, please call (408) 730-7360.

Community News

Check out our new Community News binders, located at the front desk, which contain information on health, housing, and other community related news.

There is also a bulletin board available for members who would like to advertise something to sell, rent or share. Submit all bulletin board items to front desk staff for approval.

Foot Care

Sign up now for a routine podiatry screening and foot care service by Dr. Michael Amirkiai, DPM.

1/30 and 3/27

Appointments begin at 12:30pm

Health Care Room

Cost: \$40 members; \$50 non-members

Health Insurance Counseling (HICAP)

The Council on Aging provides trained volunteers to assist you with questions on your Medicare or insurance billings and policies. 1st and 3rd Tuesday of each month. Call (408) 730-7360 for an appointment. Health Services Counseling Offices. Priority appointments for members.

Health: Community Resources Library

Our volunteer, Frances, will be available to assist you with your questions.

Thursdays, 12:00-3:00pm

Health Room

All seniors are welcome.

Services continued next page >

* Denotes Sunnyvale/Cupertino Adult Education classes. Pre-registration is required. Call (408) 522-2700 to register.

** Denotes DeAnza/Foothill College class. Registration & fee payment to the instructor on first day of class.

Unless otherwise stated, all drop-in programs are \$2 per program per visit; FREE to members.

> *Services continued*

Hearing Evaluations

Do you need to be evaluated for possible hearing loss? The Senior Center provides FREE hearing evaluations with priority appointments for our members. For more information call 408-730-7360.

Homeowner's Assistance

Are you a homeowner with a low to moderate income? Does your house need repairs in electrical, plumbing, roofing, structural reinforcement, heating, weatherization, kitchen or bathroom work? Do you need a ramp, wheelchair lift or grab rails installed? The following programs may assist you if you live in the City of Sunnyvale:

Low Interest Home Repair Loans at 3% to 5% for 15 years, depending on your family income.

Loans & Grants for exterior painting are available up to a maximum of \$4,000. Paint grants for materials and labor up to \$1,000.

Home Access Grants of up to \$5,000 to disabled homeowners to retrofit their homes for handicapped accessibility.

Mobile Homeowners Home repair loans to mobile homeowners at 0-5% depending on your family income. For more information, call the Housing Division at (408) 730-7250.

Income Tax Assistance

Income tax assistance is available Tuesdays and Fridays, 2/3 – 4/14 through VITA (Volunteer Income Tax Assistance). Hours are from 12:30-4:30pm. There will be a 10 cents charge for each copy that you will need to have made. Please bring enough change to cover copying fees. Priority appointments for members.

Library Delivers Materials for Homebound Readers

Did you know that Sunnyvale Public Library delivers? If you, or someone you know, is a Sunnyvale resident unable to get to the library because of age or physical disability, than you may qualify for our Special Outreach Services program.

SOS, or Special Outreach Services, is a program designed to provide library materials to our readers who are homebound. Every month on a regularly scheduled day, the SOS delivery person will deliver to your door a bag of books and other media of your choosing. SOS clients receive materials in various formats, including all kinds of books (choices include large type and regular print, paperbacks, pictorial books, and books on tape) as well as media like music CDs and non-feature videos.

To begin your service, SOS staff will discuss with you your special needs, reading preferences and interests. One of the SOS volunteers will be assigned to select materials based on your individual SOS profile each month.

Think about signing up for our SOS service. It's so easy to do. Simply call SOS at the Sunnyvale Library. Our phone number is (408)730-7306. We can start your service immediately; then you too can look forward to monthly home delivery of materials designed just for you.

Live Oak Adult Day Services

Adult day care for seniors with Alzheimer's, Parkinson's, stroke, depression, cancer and other long-term illnesses. Monday - Friday, 9am-3pm. Seniors enjoy pet therapy, arts & crafts, seated exercise, breakfast, hot lunch, lots of music and children! Assistance in restroom. Day services only. Not a residential facility. Caregivers—a place for your loved one during the day. Take time for yourself, so you can continue to be a caregiver.

For information: (408) 973-0905
20920 McClellan Rd., Cupertino

Lunch at the Orchard Café

Have you had lunch in the Orchard Café lately? We are pleased to announce that Culinary Magic Catering is here. Meet the chef—Basil Salah. Delicious meals are prepared on-site Monday through Friday with the freshest ingredients. Enjoy making new friends while you dine together with a view of the lovely pond and fountains. A monthly menu is available for you to pick up as a handy reference. Advance reservations are highly recommended as space is

limited on a first-come, first-serve basis. Vegetarian options are available, as well as alternate meal choices with your advance reservations. Lunch tickets are \$4.50 for members with reservations; \$5.00 for members without reservations on a drop-in basis. Visitors are welcome at a cost of \$7.00. Make your reservations by noon the day before the lunch date at the front reception desk or by calling (408) 730-7371.

Notary Services

Free notary services are offered by volunteer Ken Shah at the Senior Center on the 2nd and 4th Tuesday of each month, 12:30-1:00pm. Please call the Senior Center (408) 730-7360 to make an appointment. We are unable to notarize wills. Priority appointments for members.

Project Match

A non-profit agency that helps people looking for safe and secure home sharing. Please call (408) 416-0271, for information or to make an appointment.

Project Sentinel

This non-profit agency is available to help persons with landlord/tenant disputes. Call (408) 720-9888 for an appointment. No Cost.

Proven People Senior Employment

No-fee job referral service. Agency staff match workers (55+) with temporary, permanent, full or part-time jobs. Orders for jobs are taken from residents as well as businesses. Located at the Sunnyvale Senior Center, 9:30am-3:00pm Monday - Thursday. Call (408) 730-7368 to make an appointment.

Santa Clara Valley Transportation Authority (VTA) Senior/Disabled Photo ID Card

A VTA representative will be at the Senior Center from 10:00am-12:00pm, 1/11 and 3/8, to take applications and photographs for senior/disabled regional transit connection discount cards. The cost for this service is \$3. You must be a Medicare card holder and

have valid photo identification to qualify for a discount card. Discount card applications are available at the Senior Center front desk. **Call** VTA Customer Service at (408) 321-2300 for more information.

Senior Adult Legal Assistance (SALA)

SALA (Senior Adult Legal Assistance) is located at the Sunnyvale Community Services office located at 725 Kifer Rd., Sunnyvale, CA 94086. For more information and to make an appointment, please call (408) 738-4321.

Sunnyvale Community Services

Sunnyvale Community Services provides a variety of services to over 12,000 disabled and low-income seniors and residents of Sunnyvale each year. This agency provides a variety of services for seniors to help them remain independent, and secure medical and financial assistance. Fee waiver resources are limited and subject to availability of funds. Eligibility for the Sunnyvale Parks and Recreation fee waiver program is determined by Sunnyvale Community Services, located at 725 Kifer Road, Sunnyvale. Call (408) 738-4321 for further assistance.

Sunnyvale Nutrition Site

Located at 535 Old San Francisco Road in Sunnyvale, this federally funded nutrition site is open to those adults 60+. Donations are requested. For additional information, please call the Sunnyvale Nutrition Site at (408) 739-0833.

Transportation (Outreach, Incorporated)

Santa Clara County offers a taxi/accessible van program for residents who cannot use fixed route buses or light rail transportation. To determine eligibility for the County ADA/Taxi accessible van program, residents must complete and return eligibility applications to:

Outreach, Inc. (408) 436-2865
97 E. Brokaw Road, #140
San Jose, CA 95112

Application request forms are available at the Sunnyvale Community Center, Senior Center, and Sunnyvale Community

Services, or you may call Outreach, Inc. and request an application. For more information, call Outreach (408) 436-2865 or the Senior Center at (408) 730-7360.

Vial of Life Program

During medical emergencies, providing emergency workers with necessary patient information is critical. Vials are available from Public Safety, any Sunnyvale Public Safety Department fire station or patrol unit, as well as the Sunnyvale Senior Center. For further information, contact Stanford Hospital at (650) 723-7167.

Where to Live

Housing guide for seniors available at the front desk for \$7.

Community Groups

American Association of Retired Persons (AARP)

AARP acts in the best interest of all seniors. They sponsor candidate forums and help to coordinate other community projects, monitors and influences legislative activities through a network of county, state and federal committees, hold monthly chapter meetings with brown bag lunch and special events and sponsors educational programs in health and consumer fields.

Call: Lucien Zentner
(408) 732-2073

Office Hours: MWF, 9am-12pm
TuTh, 1-3:30pm

Location: . . . Gardenia Room, Senior Ctr.
Membership meetings: 1st Wednesday of month, 1:30pm meeting, Peach Room.
No Meeting in January.

Bayview Senior Citizens Club

For adults 50+ who enjoy making new friends and socializing with others. Trips, sing-alongs, bingo, and weekly meetings are the focus of this group.

General membership meetings held each Thursday, 10:00am-2:30pm, in the Ballroom, Recreation Center.

Contact: Shirley Feinberg
(408) 245-4411

California Grandmothers' Club

As a non-profit service club, the members give parties for disabled children, make things for convalescent hospitals, and



volunteer at the Sunnyvale Senior Center and Sunnyvale Community Services.

Their many activities include a tea, holiday party, picnic, garage sales, Krazy Kard party, and bingo. Criteria to join the Grandmothers' Club is simply to be a grandmother or grandfather. Fun and fulfillment are the rewards.

Call: Mary Hidalgo
(408) 736-4453

Membership meetings: 11:30am on the 1st & 3rd Wednesday of month, Senior Center, Orchard Pavilion.

Chinese Seniors' Club of Santa Clara Valley

Activities include social dancing, chorus, trips, holiday banquets, and educational seminars (on health, legal, cultural issues). Sponsored by Sunnyvale Community Services.

Contact: Nancy Wu
(408) 739-4309

Sunnyvale Garden Club

Learn more about your garden!

- Grow better flowers, fruits, and vegetables
- Meet new people
- Get involved in your community
- Share ideas
- Help preserve land, trees & wildlife
- Enjoy exciting field trips

Contact: Nellie Durand,
(408) 296-3805

Membership meetings: 3rd Tuesday of month, 9:30am Arboretum, Sunnyvale Community Center, 550 E. Remington Drive.

Community Groups continued next page >

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** Denotes DeAnza/Foothill College class. Registration & fee payment to the instructor on first day of class.

Unless otherwise stated, all drop-in programs are \$2 per program per visit; FREE to members.

> *Community Groups continued*

Sunnyvale Historical Society & Museum Assc.

The museum is located at California and Sunnyvale Avenue in the Murphy Park Building. Hours are Tuesday and Thursday 12:00-3:30pm and Sunday 1:00-4:00pm. Phone number is (408)749-0220. Member meetings are held quarterly. The Orchard Heritage Park display is located adjacent to the Sunnyvale Senior Center and Bianchi Barn. Enter off Remington Dr. via Manet or Michelangelo. Call (408)736-5071 for docent-led tours of this open air display. Additional information can be found at www.heritageparkmuseum.org.

Sunnyvale Lawn Bowls Club

Members of the Sunnyvale Senior Center are welcome to drop by for a game of lawn bowling, Monday - Sunday, 12:00-4:00pm. The club meets at the lawn bowling green in Murphy Park, 130 E. California Ave. Free instruction and equipment is provided. Please wear flat soled shoes.

Contact: . . . Al Rosingana
(408) 739-5790

Sunnyvale Photo Club

The club meets on the 2nd & 4th Mondays in the Arboretum at 7:30pm. For further information, call Susan Schwamkrug, (408) 732-5360 or just drop in. Visitors are always welcome!

Sunnyvale Senior Citizens' Club

As the first senior citizens' club in Sunnyvale, this group meets on a weekly basis to share stories, companionship and enjoy a social afternoon. Bingo, trips, and birthday celebrations are included in this group's weekly program.

General membership meetings every Tuesday, 10am-2pm, in the Community Room, Recreation Center.

Contact: Dolly Torres-Sanders
(408) 734-3591.

Unique Boutique

Located at the Sunnyvale Senior Center, this shop provides an outlet for senior artisans to display and sell their wares.

Phone: . . . (408) 733-8459

Store hours: Mon - Fri, 10:30am-2:30pm

Contact: . . . Helen Jurado, President

Volunteer News

A "STAR" VOLUNTEER RICK FERNANDEZ



Rick grew up in a lower middle class neighborhood in Southern California where surviving through his teens was considered an accomplishment. Many of his former friends are now dead, in jail or "floating around," but fate interceded for Rick when he was 18 years old. It was 1971 and a young Rick was in a horrible car accident where he suffered severe head trauma. His other injuries included internal bleeding, a 104 degree fever, pneumonia, a compound fracture with the bone protruding from his leg and a small air bubble in his chest that would have meant instant death if it entered his blood stream. After 67 days in a coma, he awoke and had neither a short-term memory nor any memory of his past.

His recovery began the day he came out of his coma and continues every day of his life. Rick doesn't just will himself to try something, he wills himself to succeed. He found a drive in himself that compelled him to attend and graduate from a junior college and two universities. His field of study is "Gerontology" and has worked for 10 years in his field.

Rick came to Sunnyvale a couple of years ago in order to help his parents relo-

Volunteer Opportunities

Senior Fitness Center

M – F, 8am-6pm / Sa, 10am-2pm

- No Experience Necessary
- Flexible Hours with one- or two-hour shifts available
- Call: Kay Whitney at (408) 730-7624

Other Opportunities Include:

- Customer Service
- Dance Hostess • Lecture host
- Movie host/hostess
- Parking lot safety patrol

Please call the Senior Center at
(408) 730-7360

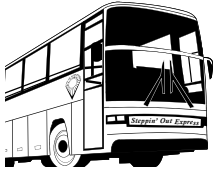
cate to a senior living facility. He liked it here and became part of our Sunnyvale community. Rick spends the majority of his days volunteering in the Senior Center Fitness Room. He believes that a humorous, light-hearted approach toward a tedious activity (like exercise) makes it enjoyable and helps create a commitment to the process.

Rick's determination and positive outlook add a special dimension to the Senior Center. In his words, "I could have easily mirrored my friends' lives prior to the accident. However, I was fortunately halted by this "disability," which, ironically, has enabled me in many other ways." We're proud to honor Rick as our "Star Volunteer" this session!

SENIOR CENTER ADVISORY COMMITTEE

The Sunnyvale Senior Center Advisory Committee members listen to concerns, ideas, and suggestions of seniors who use the facility and others who would like to be involved. The committee provides open and direct communication to City staff, and they receive and help disseminate information regarding policies and programs that relate to the Senior Center. Meeting minutes are available at the front desk. Please contact Tricia Lord, Recreation Supervisor, at (408) 730-7365 for more information.

DAY TRIPS



Priority Registration
Wed., 12/7/2005,
for 2005 members
(9am for Sunnyvale
residents, 10am for
non-residents). For
more details and registration infor-
mation, please see the "Steppin' Out
Messenger" newsletter, come to the
Senior Center, or call (408) 730-7360.

A Day at the Races

Thur., 1/12/06, 11:30am-5:30pm, \$55
We're going to the Turf Club at Bay Meadows Race track where we'll enjoy a wonderful buffet lunch while watching the horse races. There will be a race in honor of the Sunnyvale Senior Center and six lucky people will get to watch it from the finish line.

Celebrate the Year of the Dog

Mon., 1/23/06, 8:45am-3:45pm, \$84
Join us for an enlightening and fun trip to Chinatown, as they prepare to celebrate the Year of the Dog. We'll learn about the history, folklore, culture and food. The tour will also include a Dim Sum luncheon at one of Chinatown's finer restaurants.

Cirque du Soleil

Tue., 1/31/06, 5pm-11pm, \$140
Cirque's new show, "Corteo," is coming to San Jose and we've got a limited number of fantastic seats. We need to purchase the tickets early so sign-up immediately. This is a show not to be missed. Prior to the show we'll enjoy dinner at Eulipia.

Coyote Point

Tue., 2/7/06, 9:15am-4pm, \$60
Have you been to Coyote Point lately? "Live animals, gardens, hands-on activities and dioramas offer a multi-sensory introduction to Bay Area ecology and environmental issues at the Coyote Museum." After the museum we'll enjoy a wonderful buffet luncheon at Dominic's restaurant located on the Poplar Creek Golf Course, with a spectacular view of the 18th green and waterfall. Then we're off for a docent led tour of Coyote Point Humane Society and SPCA to get a behind the scenes view. Learn how domestic and wild animals come to the center and the services offered there.

Orchid Exposition

Fri., 2/17/06, 8:45am-4:15pm, \$45
Join us as we visit the 54th Pacific Orchid Exposition—more than 100,000 orchids in every color, shape and size—at Fort Mason Center in San Francisco. Orchids will be showcased and sold at the Expo. Lunch will be on your own at the Expo.

Presidio & Nike Missile Tour

Thur., 2/23/06, 8am-4pm, \$69
Our favorite step-on guide, Jay Archibald, has organized this fascinating trip. We'll tour the Presidio with a ranger, who will give us the low down on the changes to this site. Lunch will be at the Presidio Golf Course restaurant. Then we'll head up to the Marin headlands and begin our tour of the only fully restored Nike Missile Site in the US (minus fuel and warhead). Weather permitting we'll have a fantastic view of the city and the Golden Gate Bridge.

Golf Anyone?

Thur., 3/2/06, 9:30am-2:30pm, \$35
Whether you already know how to play golf or are a first timer, this should be a fun and educational trip. First we're going to the Sunken Gardens Golf Course where we'll get a group lesson and hit some balls at the driving range. Then we're off to the Sunnyvale Golf Course for lunch at the Lookout restaurant. After lunch we'll tour the pro shop and learn about senior discounts and how to sign up for golf.

Hot Flash

Wed., 3/8/06, 10:30am-5pm, \$77
Please join us as we head to Pier 39 in San Francisco to see the hilarious play "Menopause, the Musical." Four women—an Iowa housewife, a power broker, an earth mother, and a soap star—who seem to have nothing in common, meet during a lingerie sale at Bloomingdales. Through a parity on the words of familiar 60's & 70's songs they weave a hilarious story, as they discover they do have some things in common when it comes to women experiencing life's changes. This play has received rave reviews from many senior groups. You will have approximately two hours before the play for lunch on your own and to explore Pier 39 or Fisherman's Wharf area. The escorts will whet your appetite with information on a variety of restaurants located at Pier 39 and Fisherman's Wharf.

Tiburon Ferry & Bay Model

Tue., 3/14/06, 9am-5pm, \$73
Come aboard as we take the Blue and Gold Ferry from San Francisco to Tiburon. We'll have a wonderful lunch at Guyamas, a unique Mexican restaurant that was featured in a past issue of Gourmet Magazine. After lunch we're off to see a working model of San Francisco Bay.

Bouquets to Arts

Tue., 3/21/06, 8:30am-3:30pm, \$68
This year the annual Bouquets to Art event will be held at the new de Young Museum. Please join us as we view these amazing flower arrangements on the first day the event is open to the public. The flower arrangements are designed to complement the beautiful works of art at the museum. Lunch will be on your own in the de Young Museum café which is run by Bon Appétit.

EXTENDED TRIPS



For more details and registration information, please see the "Steppin' Out Messenger" newsletter, come to the

Senior Center and pick up a flyer, or call (408) 730-7360.

The American Riviera®

Tue., 5/2/06 – Thur., 10/4/06
All aboard as we take a scenic train trip to picturesque Santa Barbara, frequently referred to as the American Riviera.® Mark Meibeyer, who did a fantastic job on our Hearst Castle trip, will be our guide on this trip. Some of the many highlights of this trip are: round trip passage on the Coast Starlight train with dinner on the train; a narrated trolley tour of the city with its colorful history and distinctive architecture; a narrated tour of the Santa Barbara Botanical Gardens; a shopping trip to Solvang; a fabulous seafood buffet at Chumash Casino with a little time for gambling or people watching; and time on your own in Santa Barbara to browse and shop, walk along the beach, or visit Stearns Wharf.

>Extended Trips continued on next page

A current Emergency Information Form is required to participate in all trips.

Unless otherwise stated, all drop-in programs are \$2 per program per visit; FREE to members.

>Extended Trips continued

Price of this trip includes transportation to the train station and back, round-trip train fare, 2 nights at Mason Beach Inn, 2 continental breakfasts and 3 dinners. Price per person: \$516 double occupancy, \$626 single occupancy. Deposit is \$100 per person with final payment due March 17, 2006.

Please join us on January 26, 2006 at 1pm in the Laurel Room for a slide show about this trip.

Pageant Of The Masters

Tue., 7/25/06 – Sat., 7/29/06

Note the changes in **BOLD** to this trip from the *Steppin' Out* newsletter description. Join us for our fabulous Pageant of the Masters trip. Some of the highlights of this trip are: a ferry ride to Catalina Island, two nights at the Pavilion Lodge on Catalina Island; an island tour; a glass

bottom boat tour; two nights at Dana Point Marina Inn; a tour of the Walt Disney Concert Hall; a dinner show of jousting competition at Medieval Times; time to shop and browse at the Sawdust Art Festival and the Laguna Arts Festival; the spectacular Pageant of the Masters where characters from famous masterpieces are portrayed live before your eyes in an open air amphitheater under the stars, all accompanied by a full orchestra; and a visit to the Nethercutt Museum of prize winning automobiles, mechanical musical instruments and antique furniture. Price includes **AIRPORT TRANSFERS**, round-trip **AIRFARE**, first-class hotels, 4 continental breakfasts, 2 dinners and all entrance fees.

Price per person: **\$1,260** double occupancy, **\$1,670** single occupancy. Deposit is \$150 per person with final payment due May 25, 2006.

Please join us on Tuesday, March 7, 2006 at 11:00am in the Laurel Room for a slide show about this trip.

Quarterly Meeting & Mixer

**Wednesday, January 25th
1:00pm, Apricot Room**

Everyone is welcome and encouraged to attend. This is a chance for you to meet with Senior Advisory Committee members and Senior Center Staff to share ideas on programs. Here is an opportunity to provide feedback on activities offered at the Center, ask questions, give suggestions, or just come to visit with other members. Complimentary refreshments will be served at this get-together. Reservations are requested, but not required. Visitors and guests are welcome.



SUNNYVALE SENIOR CENTER

R★E★N★T★A★L★S

Room rentals available
evenings and weekends

**550 E. Remington Drive
(408) 730-7751**

Rental rates and policies are available
online at sunnyvale.ca.gov/recreation

Are you planning a special celebration, such as a wedding, anniversary party, or birthday party? The Sunnyvale Senior Center is a beautiful, state-of-the-art facility to rent for your special event. The Orchard Pavilion can accommodate over 200 guests for a sit-down affair. The City of Sunnyvale is proud to announce that Culinary Magic Catering is available upon request to assist you with all the catering details to make your special occasion a memorable one. For more information on rental reservations, please drop by the Recreation Center front desk Monday through Friday anytime between 1:00 PM and 5:00 PM for personal attention or call 730-7360.

TENNIS CENTER GENERAL INFORMATION

Sunnyvale Municipal Tennis Center
755 South Mathilda Avenue
(408) 732-2130

Hours of Operation

Monday - Friday 8:30am - 10:00pm
Saturday & Sunday 8:30am - last reservation
(Max 10:00pm)
Resident court reservations may be made in person or by phone, eight days in advance.

Court Fees

Time	Res	Non-res
M-F 8:30am-4:00pm	\$8/hr	\$10/hr
M-F after 4:00pm	\$10/hr \$15/1.5hrs	\$12/hr \$18/1.5hrs
Sa, Su, Holidays	\$9/hr \$15/1.5hrs	\$11/hr \$18/1.5hrs

Levels of Tennis Instruction

Beginning (less than NTRP 1.5) — No prior instruction. Will cover forehand, backhand and serve.

Advance Beginning (1.5 to 2.4) — *Prerequisite:* Beginning course or equivalent experience. Instruction in playing of sets, footwork, basic strategy and net play.

Intermediate (2.5 to 3.0) — *Prerequisite:* Beginning course or equivalent experience. Introduction to doubles strategy. Continuation of net play and hitting with more control.

Registration

The Tennis Center offers mail-in and phone-in registration, in addition to walk-in registration.
Monday - Friday 9:00am - 10:00pm
Saturday & Sunday 9:00am - 5:00pm

**Please enclose a self-addressed, stamped envelope for registration confirmation.*

REFUND POLICY

Deadline for refunds is eight (8) days before the start of class.

GOLF COURSES

The City of Sunnyvale offers 27 challenging holes to the golfing public.

Sunnyvale Golf Course

605 Macara Lane, (408) 738-3666

Sunnyvale Golf Course is a par 70 regulation 18-hole course with numerous bunkers, dog legs and water holes. Sunnyvale is a well-manicured test of the player's skill stretching out to 6,255 yards.

Sunken Gardens Golf Course

1010 S. Wolfe Road, (408) 739-6588

Sunken Gardens Golf Course is a 9-hole, 1,502 yard executive course. Sunken Gardens is ideal for the beginning golfer, and offers ample practice facilities and shorter length holes.

Green Fees: Please call appropriate golf shop for current green fee and discount play card rates.

Monthly Discount Cards offer unlimited play Monday through Thursday for each calendar month (excluding holidays).

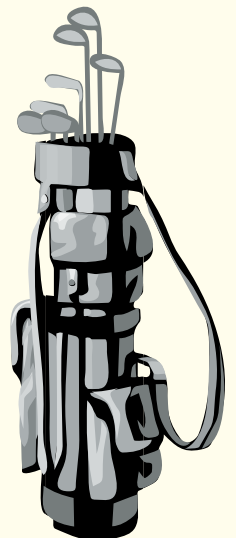
Sunnyvale Advantage Card for any Sunnyvale resident.

Golf Discount Card for any golfer 16 years and under, 60 years and over, or disabled.

Reservations

Weekdays - Sunnyvale residents may place reservations for weekday play beginning seven (7) days in advance, in person, when the pro shop opens for the day until 6:30am. All golfers may place phone reservations after 6:30am seven (7) days in advance.

Weekends & Holidays - Sunnyvale residents may place reservations for weekend/holiday play beginning Monday prior to the weekend/holiday, in person, from 6:00am to 6:30am. All golfers may place phone reservations beginning 6:30am on that same Monday.



REGISTRATION INFORMATION

The Senior Center will be closed 1/16 and 2/20.

Membership

- Current membership is available for Senior Center activities and programs.
- Prospective members need to complete a membership application form, available at the Senior Center Reception Desk, or call (408) 730-7360.

*Registration for the
Winter Session begins
Tuesday, December 20, 2005.*

Registration Checklist/Information

- ☐ Make sure your registration form is completed and signed.
- ☐ Include payment: check, money order, VISA or MasterCard credit card
- ☐ Make checks payable to: **City of Sunnyvale**
There is a charge of \$30 for returned checks.
- ☐ **Attention Sunnyvale Residents:** One form of identification (a photo ID or utility bill) with name and address must be shown or mailed in when

registering for membership or classes.

A resident is anyone living within the Sunnyvale city limits.

- Telephone service for the deaf: To obtain general City information, call TDD (408) 730-7501.
- For general registration information, please call (408) 730-7360.

Mail In / Drop Off



- Mail registration to:
Sunnyvale Senior Center
"Registration"
P.O. Box 3707
Sunnyvale, CA 94088-3707
- Drop Off registration at:
Sunnyvale Senior Center Reception Desk
550 East Remington Drive, Sunnyvale
Monday - Friday from 9am-5pm

Fax In



- Registrations must be received **3 working days before the first day of class.**
- Fax registration to (408) 737-4965.
- Payment by fax can be made only by Visa or MasterCard
- Please include your credit card information.

Walk In



- Begins December 20,
**Monday - Friday
from 9am-5pm**
- We are located at
550 East Remington Dr.,
Sunnyvale.

Phone In



- Begins December 20,
**Monday - Friday
from 10am-5pm**
- Our registration number is
(408) 730-7360.
- Please fill out the
registration form before
you call, and have your
credit card (Visa or
MasterCard) and Activity
Guide handy.

Additionally ...

WAITING LISTS When a class becomes full, your name will automatically be placed on a waiting list. If space in a class opens, we will notify you by telephone. In the event we cannot place you, your check will be returned to you. If you are paying for multiple classes with one check, you will receive a refund check from the City within approximately 4 weeks.

CANCELLATIONS The Parks and Recreation Department reserves the right to cancel a class or activity when the minimum number of registered participants is not met. Please register early to avoid class cancellations. If a class is cancelled, you will automatically receive a refund from the City within approximately 4 weeks.

REFUND/TRANSFER POLICY Customers may receive a full refund up to 14 calendar days before the first class meeting. Between 13 calendar days and the day before the second class meeting, customers may:

1. Transfer to another class within the same class session. A \$5.00 processing fee will apply.

2. Or, receive a refund in the form of a check, VISA, Mastercard (depending on method of payment) or *Leisure Loot. A \$10 processing fee per class will apply.
3. If the City initiates the transfer or refund, there will be no processing fee.
4. From the day of the second class meeting, there will be no refunds, transfers or credits issued.
5. Refunds must be requested in person at the Senior Center and you must have your receipt.
6. There are no refunds or transfers for one or two-day classes and activities, theater tickets, golf activities, tennis activities, lunch, membership or special events.

*Leisure Loot may be used as payment towards the registration fee of any future class. The original Leisure Loot coupon must be presented at the time of registration. Copies of Leisure Loot coupons will not be accepted. Leisure Loot may not be redeemed for cash.

FEE WAIVER ASSISTANCE PROGRAM

Eligible Sunnyvale residents may apply for a recreation fee waiver. Fee waivers may be used to offset the cost of Sunnyvale Parks & Recreation Department programs. This includes, but is not limited to: recreation and art classes; senior lunch program; trips and excursions; drop-in programs such as drop-in gym, recreation swim, tennis and golf, special events, and membership. Fee waiver resources are limited and subject to availability of funds. Sunnyvale Community Services will determine eligibility. For more information, please call the Sunnyvale Community Services Office at (408) 738-4321 or you may visit their office at 725 Kifer Road in Sunnyvale. Office hours are Monday through Friday, 9AM-11:30AM and 1PM-4:30PM.

GOLF/TENNIS REGISTRATION: For golf tennis registration information, please see Page 19. For additional information or to be placed on the tennis mailing list, please call the Tennis Center at (408) 732-2130.

The City of Sunnyvale encourages persons with disabilities to participate in any of our Parks and Recreation programs. We will make reasonable efforts to accommodate persons with disabilities in accordance with the Americans for Disabilities Act. If you require special accommodations, please let us know when you register, TDD (408) 730-7501.

WINTER SESSION REGISTRATION BEGINS TUESDAY, 12/20

Please print the following information (one person per form):

Today's Date: _____

Sunnyvale Residents: Show or mail in one form of identification (a photo ID or utility bill) with name and address to register.

Last Name: _____ First Name: _____ Membership #: _____

Address: _____ Phone Number: _____

I have read and agree to the registration, refund, and program policies.

Waiver for Adult Participants: In consideration of participation in a class or activity offered by the Parks and Recreation Department of the City of Sunnyvale, I, the below signed, agree to indemnify and hold the City of Sunnyvale harmless and hereby waive, release and discharge any and all claims for damage, for death, personal injury, bodily injury or property damage which I may have or which hereinafter may accrue to me against the City of Sunnyvale, its City Council, employees, agents, and volunteers from and against any liability arising out of or connected in any way with my participation in this class or activity, even though that liability may arise out of negligence or carelessness on the part of the person or entities mentioned above. • I understand that accidents and injuries can arise from participation in this class or activity; knowing the risks, nevertheless, I hereby agree to assume those risks on behalf of me and to release and to hold harmless all of the persons or entities mentioned above whom (through negligence or carelessness) might otherwise be liable to me (or my heirs or assignees) for damages. It is further understood and agreed that this waiver, release and assumption of risks has been freely entered into and is to be binding on my heirs and assigns. • I have read and agree to the registration and program policies. Further, I agree to allow use of my photograph for public publicity. By my signature below, I acknowledge that I have read this document and understand its contents.

Signature: _____ Date: _____

Class #	Class Name	Dates	Class Fee	Non-Member Class Pass Fee*	Subtotal
				<input type="checkbox"/> \$8 <input type="checkbox"/> \$12	
				<input type="checkbox"/> \$8 <input type="checkbox"/> \$12	
				<input type="checkbox"/> \$8 <input type="checkbox"/> \$12	
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				<input type="checkbox"/> \$8 <input type="checkbox"/> \$12	
				<input type="checkbox"/> \$8 <input type="checkbox"/> \$12	
	Membership 2006** (See rates on page 3)				
TOTAL					

* \$8 for class duration of 8 weeks or less, \$12 for class duration of 9 weeks or more

** Need to fill out a NEW membership application form

☐ Cash

☐ My check is attached. Make payable to: **City of Sunnyvale.**

NOTE: \$30 charge on all returned checks.

Charge my: ☐ Mastercard ☐ Visa

Name of card holder _____

Card No. |_____| |_____| |_____| |_____| |_____| |_____|

Expiration Date: _____ 3 Digit Security Code (on back of card) _____

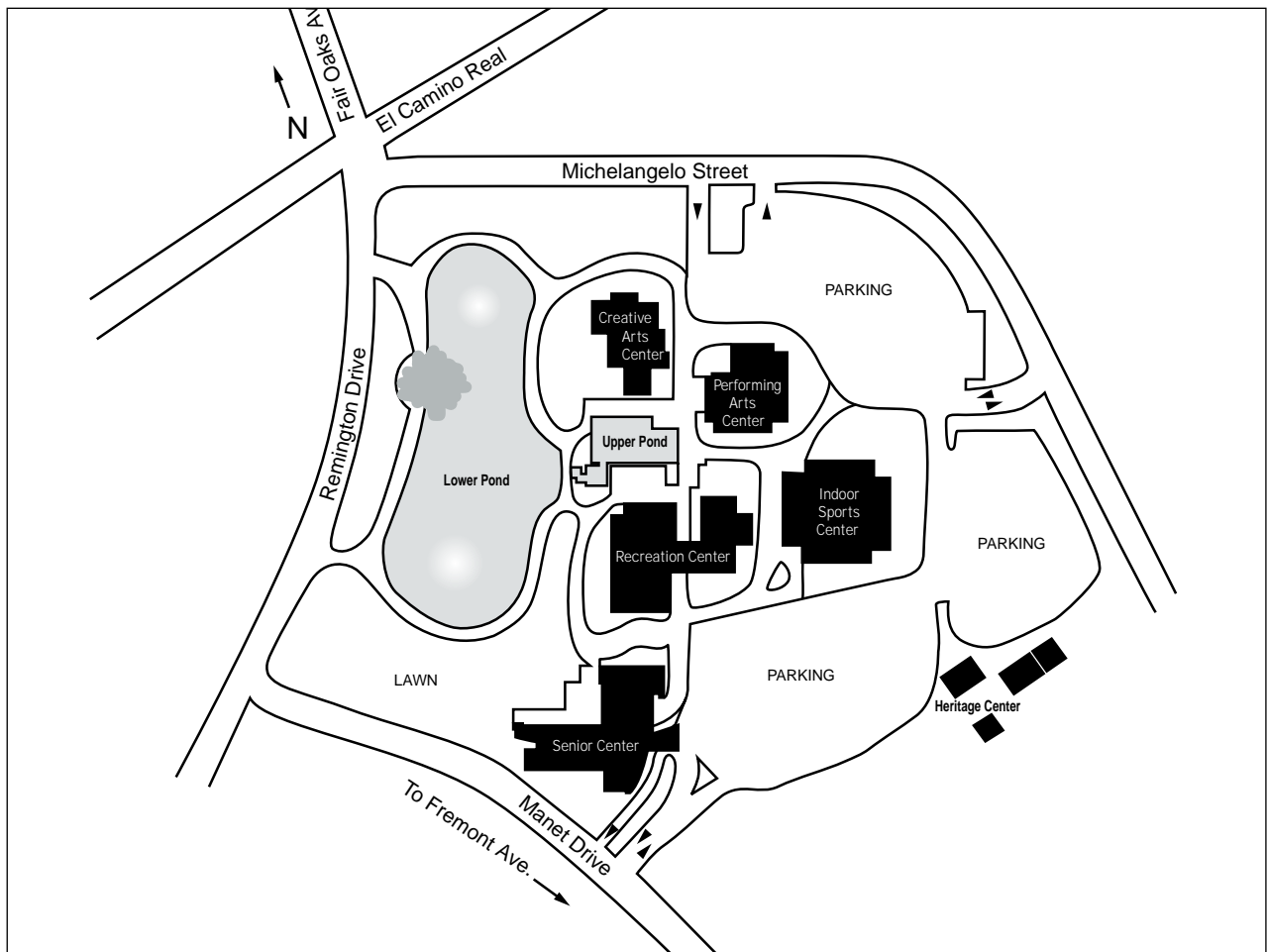
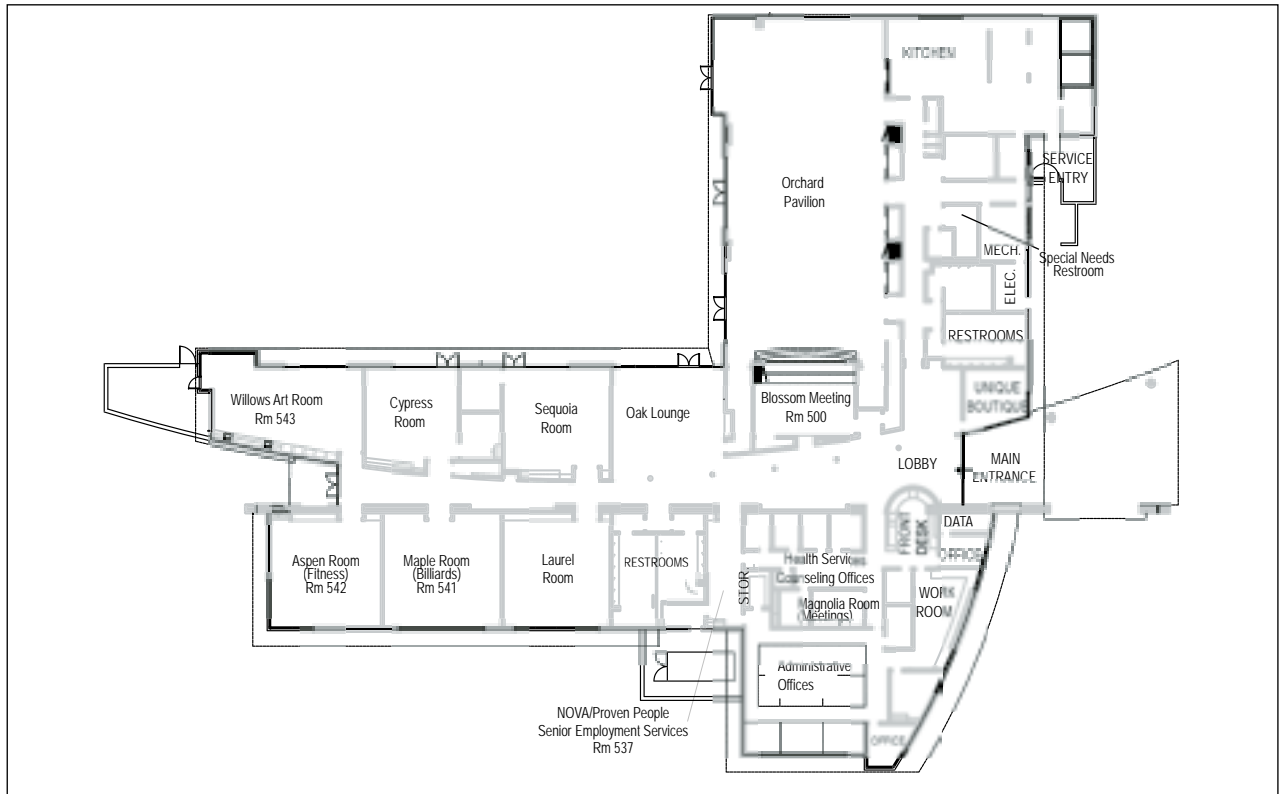


Fax to (408) 737-4965 three days before 1st day of class • Phone (408) 730-7360 beginning December 20, 2005

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SENIOR CENTER SITE MAPS



UPCOMING EVENTS

Please mark your calendar for the following events!

January 6, 2006



New Year Open House & Membership Mixer

10:00am - Noon
Apricot & Cherry Rooms
Entertainment provided.
Refreshments will be served.
All seniors and guests are welcome!

FREE

February 14, 2006



Valentine's Lunch

Noon - 1:00pm
Peach Room
Get together
with your friends
for this special luncheon.

March 17, 2006



St. Patrick's Day Lunch

Noon - 1:00pm
Peach Room
Be sure to
wear green for this
festive fun time.

For more information, please call (408) 730-7360



SUNNYVALE SENIOR CENTER
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(408) 730-7360
sunnyvale.ca.gov/recreation

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